



Dealing With Diabetes Burnout: How to Recharge and Get Back on Track When You Feel Frustrated and Overwhelmed Living with Diabetes

Ginger Vieira

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Dealing with Diabetes Burnout: How to Recharge and Get Back on Track When You Feel Frustrated and Overwhelmed Living with Diabetes is an inspiring and empowering guide to managing the daily work and pressure of diabetes management - counting carbohydrates at every meal, constantly adjusting medication doses, taking daily injections, pricking fingers multiple times a day, and struggling with the unavoidable challenges of fancy, yet imperfect, technology - that can lead to burnout. Vieira provides the tools and encouragement needed to help readers get back on track and make diabetes management a rewarding priority. Chapters directly address burnout in relation to: food, exercise, insulin dosing, blood sugar checking, fear of low blood sugar, being a caregiver/spouse of a person with diabetes, communicating more effectively with your doctor, taking a healthy "vacation" from diabetes, and creating realistic expectations and goals.



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